Claims:

- 1. An article of cookware having a base with an upper cooking surface on which food to be cooked is placed, which surface is provided with a regular pattern of concentric corrugations in the form of ridges and grooves therebetween wherein the ridge to ridge spacing is in the range of 2.3mm to 2.8mm and the vertical distance of ridge top to groove bottom is in the range 0.05mm to 1.5mm.
- An article of cookware according to claim 1 wherein the ridge to ridge spacing is about 2.5mm.
- 3. An article of cookware according to claim 1 wherein the vertical distance of ridge top to groove bottom is about 0.1 mm.
- 4. An article of cookware according to claim 1 wherein the groove to groove spacing is about 2.5mm.
 - 5. An article of cookware according to claim 1 wherein the ridges and grooves have a shallow, curved profile free of sharp edges.
 - 6. An article of cookware according to claim 3 wherein the curved profiles of the ridges and grooves have radii of curvature of about 4mm.

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- 7. An article of cookware according to claim 1 wherein the corrugations are formed in the base by stamping.
- 8. An article of cookware as defined in claim 1 wherein at least the base is formed of hard-anodized aluminum.
 - 9. An article of cookware as defined in claim 1 wherein at least the base is formed of stainless steel having an upper cooking surface to which is arc sprayed a surface layer of stainless steel onto which the non-stick coating is applied.

10. An article of cookware having an upper cooking surface coated with a non-stick coating and formed with a smooth profile where the pitch of the ridges is about 10 per inch and the depth of the valleys from the ridge tops is about 0.1mm.

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